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CANNED PEAS  
AND  
THEIR USES



A  
COOK  
BOOK



# *The Stout Institute*

*Menomonie, Wisconsin*

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Menomonie, Wisconsin, Feb. 9, 1915.

Wollum & Company,  
Eau Claire, Wisconsin.

Dear Sirs: In reply to your request for a letter stating the food value of canned peas:

Peas belong to that class of vegetable foods known as legumes, which are characterized by their high content of protein, protein being the only tissue building food principle. Compared with other legumes, and especially compared with other classes of vegetables, peas are exceedingly rich in protein. They also contain appreciable quantities of iron, phosphorus and calcium, which minerals are of great importance for a healthful condition of the blood and bony tissues of the body. Peas also furnish considerable sugar.

One can of peas costing 15c to 18c will yield about 32 calories from the protein contained, while for the same amount of money, porterhouse steak, at 25 cents a pound, will yield only about 20 calories from the protein.

To sum up with a quotation from E. H. Bailey's "Source, Chemistry and Use of Food Products," "Canned green peas are a very important addition to the dietary. If the process is well conducted and the peas are not too mature, an extremely edible product is available for use throughout the year."

Yours truly,

DAISY ALICE KUGEL,

Director of Home Economics Department,  
The Stout Institute, Menomonie, Wisconsin.

Wollum, Henry M.  
"

# Canned Peas and Their Uses

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*A few words about the Peas in the Can  
and Some Practical, Economical  
Tested Recipes for Prepar-  
ing Pea Dishes for  
Every Table*



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Eau Claire, Wisconsin



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### A WORD TO THE HOUSEWIFE:

There was a time not many years ago when the good housewife looked with suspicion upon any preserved foods put up in tin cans. If she did not consider them absolutely detrimental to health, she at least had the idea that such foods were a poor substitute for her own preparations. The lack of information which she had concerning the methods used in preparing these canned foods and the frequent appearance of sensational newspaper reports about cases of "ptomaine poisoning", presumably resulting from the consumption of canned foods, naturally strengthened her suspicions.

Under such circumstances, the good housewife would not consider canned goods favorably. However, with the advent of improved machinery, cheapening the cost of production, greater sanitation in and about canneries under the strict supervision of the State Factory Inspectors, the greater attention paid to quality by the canners and a better knowledge of the facts on her part, the confidence of the housewife and consuming public has been gradually won. In testimony to this fact there is the large increase in the consumption of canned foods. By cooperation between the United States Government and the National Canners' Association, it has been determined that only a fractional per cent of the alleged ptomaine poisoning cases were due to canned foods, a fact that is becoming generally known and which further inspires the housewife's and the public's confidence in canned goods.

People are beginning to appreciate the fact that by using canned foods it is possible for them to enjoy all the garden vegetables and fruits in all their freshness and deliciousness at all times of the year, and that the canned vegetable or



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fruit is often superior to that which they could prepare from their own gardens and in their kitchens. And, too, the housewife is beginning to see that by using canned food a burden is taken off her shoulders by giving her a large variety of foods which she can serve quickly and easily, with a minimum of labor on her part and which will prove attractive and palatable to her family or her guests. She is at all times assured of clean, fresh, wholesome, palatable food bought in the can.

This little booklet is designed to make known to the housewife a number of choice uses of canned foods and to give her information regarding ordering these from the grocer.

### USEFUL INFORMATION.

Canners' or garden peas are of two types, four qualities and six various sizes.

**Sizes:** Green peas are graded by canners by means of sieves into sizes ranging from 9-32 inch in diameter to those exceeding 13-32 inch. These grades are given trade names which appear on cans, and are as follows (See also paragraph on labels):

Number 1 "Tiny" or "Petit Pois" 9-32 inch in diameter.

Number 2 "Extra Sifted" 10-32 inch in diameter.

Number 3 "Sifted" 11-32 inch in diameter.

Number 4 "Selected" or "Junes" 12-32 inch in diameter.

Number 5 "Marrowfat", "Sweet Wrinkled". "Sugar Peas" or "Champions of England" 13-32 inch in diameter.

Number 6 "Telephone" over 13-32 in. in diameter.

**Quality:** Canned peas are of four recognized qualities, depending entirely upon the degree of perfection with which the goods have been harvest-

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ed and packed. The trade names of the four qualities are here given with the requirements necessary for each.

**"Fancy"**—Well filled cans; peas covered with clear liquor; uniform size; good flavor and absolutely tender.

**"Extra Standard"**—Well filled cans; peas covered with clear liquor; uniform size; good appearance; reasonably tender.

**"Standard"**—Cans fairly well filled; peas may be slightly hard; fair liquor, may be slightly cloudy but not thick; size fairly uniform.

**"Sub-Standard"**—Peas not measuring up to the requirements of "standards."

**Types:** "Alaska" peas, called "Early Junes" a smooth coated, early pea, containing less sugar than the "Sweet" pea; delicious flavor.

**"Sweets" or "Sweet Wrinkled"**—a wrinkled, late maturing pea containing an abundance of sugar and having a distinctive pea flavor.

"Alaskas" and "Sweets" are equally popular as a food, although the "Sweets" usually command a slightly higher price on the market.

**Label:** "Alaskas" are usually designated in the label on the can by a suffix of the words "Early Junes" to the regular trade name, thus: "Extra Sifted Early Junes."

"Sweets" by the prefix "Sweet", thus "Sweet Extra Sifted" except in the case of the two largest sizes which have the exclusive right to the names "Sweet Wrinkled" and "Sugar Peas". There is no "Telephone" size of the Alaska.

The difference in the flavor of the "Alaskas" and "Sweets" is not very distinct. Both are delicious.

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### HOW TO ORDER PEAS.

The housewife is urged to make use of the above information. It will give her an understanding of the several sizes and qualities of canned peas and enable her to order from her grocer the exact kind she desires for a particular purpose. A large size, cheap pea may be used with as much satisfaction in some recipes as a small, more expensive pea. A nice "Fancy" small pea may be desired at another time, for another purpose. Thus the above information will be a guide to securing the pea most appropriate.

Call for canned peas by name; for instance, "Extra Sifted" or "Marrowfat", unless familiar with a particular brand. If that brand has given satisfaction, call for it again. Small peas of "Fancy" quality command a higher price than large peas of same quality. Large peas of "Standard" or "Extra Standard" quality often serve the purpose of the smaller peas and cost less.

The words "Fancy", "Extra Standard" and "Standard" signify quality. (See above table.)

The publishers of this book will be glad to receive additional recipes in which canned peas are used. If you have one or more, please send them and receive a can of "Fancy Extra Sifted" peas free. One can will be mailed for each new recipe not previously received.

The following recipes have been in use in many households. They are practical, and economical, and by making use of them the often vexing problem "What shall we have", may be solved.



# RECIPES

## SOUPS

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### VEGETABLE SOUP.

Make vegetable soup in the usual manner. A few minutes before serving add one can of peas. The flavor and food value are greatly improved by this addition.

### SMOKED PEA SOUP.

- 1 can of large peas,
- 3 pints water,
- 1 small piece of ham or bacon,
- 1 tablespoon of butter,
- 1 tablespoon flour,
- Salt and pepper.

Drain peas, add water and ham or bacon and boil. Then add butter, thicken with flour, season and serve at once with croutons.

### CREAM OF PEA SOUP.

- 1 can "Selected" peas,      2 even tablespoons flour,
- 1 quart milk,                      Salt and pepper.

Press peas through colander. Bring milk to boil and add pea pulp. Rub butter and flour together and add to boiling soup. Stir constantly until it thickens. Season with salt and pepper and serve immediately.

This soup should be served as the main course for luncheon rather than for dinner, because of its splendid nutritive values.

*Be prepared for all emergencies. Keep canned goods on hand.*

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### PEA SOUP.

- |  |                       |
|--|-----------------------|
| 1 can "Marrowfat" or "Telephone" peas, |                       |
| 1 teaspoon sugar,                      | 2 tablespoons flour,  |
| 2 cups cold water,                     | 2 tablespoons butter, |
| 2 cups cold milk,                      | A pinch of salt,      |
| 1 slice onion,                         | Few grains of pepper. |

Drain peas, add sugar and cold water and cook slowly twenty minutes. Drain and rub through sieve, re-heat, and thicken with flour cooked and stirred smoothly in butter. Put onion in milk and bring to boil, remove onion and add milk to pea mixture; add salt and pepper.

Peas too hard to serve as a vegetable may be utilized for soups.

### TOMATO AND PEA SOUP.

- |                           |                                |
|---------------------------|--------------------------------|
| 1 cup canned peas,        | 2 tablespoons butter,          |
| 1 cup canned tomatoes,    | Salt and pepper,               |
| 1 quart seasoned stock,   | $\frac{1}{2}$ cup canned peas, |
| 2 tablespoons cornstarch, | Crisped crackers.              |

Heat together peas and tomatoes, press through a sieve and add to the stock. When boiling dilute the cornstarch with cold water to pour and stir into the hot soup. Let simmer ten minutes, add the butter in bits, stirring well; add the salt, pepper and the  $\frac{1}{2}$  cup canned peas. Serve with croutons or crackers.

*One solution of the high cost of living is to buy peas—they are a cheap food.*

## VEGETABLE DISHES

### BUTTERED PEAS. NO. 1.

Drain the liquor from one can of "Sifted" peas. Heat thoroughly. Season, add butter to taste. Serve as a vegetable or use as a garnish for soups or stock. The addition of butter to the peas supplies the fat which is deficient in all vegetables.

### BUTTERED PEAS. NO. 2.

Pour contents of one can of peas into pan, heat thoroughly, add butter to taste and season. Bring to a boil and serve as a vegetable.

### PEAS AND RICE.

Put one cup of rinsed rice and one-fourth cup butter in frying pan. Stir constantly and let cook until mixture is a pretty brown. Add one can of "Selected" or "Extra Sifted" peas with liquor, three cups boiling water, season with salt and a little sugar (if desired). Place in dish and bake until rice is tender. Serve in the same dish.

### CREAMED PEAS.

Drain 2 cups canned peas, rinse and add  $\frac{3}{4}$  cup white sauce. Bring to a boil and serve in side dish.

*Save money—buy peas by the case—24 cans,*

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### PEAS IN CREAM.

1 can peas,	Salt and pepper,
$\frac{1}{2}$ cup sweet cream,	Cornstarch.
$\frac{1}{2}$ tablespoon butter	

Mix cream with drained peas in sauce pan ; heat, add butter, salt and pepper, thicken to suit taste with cornstarch.

### PEAS AND CARROTS.

Scrape small carrots, cut into small pieces ; melt a tablespoon of butter in kettle and add carrots, covering with boiling water. Cook from  $1\frac{1}{2}$  to 2 hours, adding boiling water as necessary.

Half an hour before serving season with salt, pepper, a little parsley, and thicken with flour. Fifteen minutes before serving add canned peas. Continue to boil until served.

### PEAS AND CARROTS. NO. 2.

Cook diced carrots in boiling, salted water until tender. Add half as many canned peas as carrots. Season, add as much butter as desired. Sugar may be added to suit taste. Serve in side dishes or as a garnish for meat. For young carrots use "Extra Sifted" peas, for large carrots, "Selected" peas.

### STUFFED GREEN PEPPERS.

6 large green peppers,	Onion to flavor,
$\frac{1}{2}$ cup chopped cold meat	$\frac{1}{2}$ cup bread crumbs

*Your grocer will "make you a price" on a case of peas.*

## **CANNED PEAS AND THEIR USES** II

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1 cup peas (drained from liquor),  
Salt and pepper.

Cut tops from peppers. Remove seeds and let shells soak in strong salt brine several hours. Mix together last five ingredients. Moisten with liquor from peas. Fill shells with this mixture and pin on caps with tooth-picks. Put in oven with a little water in bottom of pan to keep the peppers from sticking. Bake until peppers are tender—about thirty minutes.

### **CREAMED PEAS IN POTATO BORDER.**

Mash potatoes in usual way. Shape on service dish into form of a mold with pit or trough in center. Fill this pit with creamed peas and set in oven for a few minutes to brown potatoes slightly.

### **BAKED TOMATOES.**

Wipe and remove a thin slice from the stem end of six smooth, medium-sized tomatoes. Take out the seeds and pulp and strain off most of the liquid. Add half as many cracker crumbs and the same quantity of green peas as of crumbs. Season with salt, pepper and a few drops of onion juice. Refill the tomatoes with mixture. Place in a buttered pan and sprinkle with breadcrumbs. Bake 20 minutes in hot oven.

*Canned goods are clean, palatable and wholesome.*



### PEA CROQUETTES.

Pour a can of "Selected" or "Marrowfat" peas into a basin and heat to boiling point. Rub through sieve and stir pulp into a smooth mass, adding one tablespoon of butter and two tablespoons of flour. Season with pepper, salt and a few drops of onion juice, add one well beaten egg, and cook in double boiler to a stiff paste.

Shape into high cones, dip in egg, roll in crumbs and fry in deep fat.

Croquettes made in this way have much the same food constituents as meat, so that they may be used as a substitute for meat.

### SALADS

Salads should be served **cold**.

All garnishes should be edible.

Several attractive garnishes are leaf and head lettuce, parsley, boiled eggs cut in slices, pimientos cut into fine stripes, small pickles, capers, stuffed olives, sliced, candied cherries, nuts and slices of lemon.

Salad should be tossed together, not stirred.

The dressing should be added just before serving.

### BOILED SALAD DRESSING.

$\frac{3}{4}$  teaspoon salt,                       $\frac{1}{2}$  teaspoon mustard,

*Did it ever occur to you to use peas as a meat substitute?*

## CANNED PEAS AND THEIR USES 13

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1 tablespoon sugar,	$\frac{3}{4}$ cup scalded milk,
1 tablespoon flour,	$\frac{1}{4}$ cup hot vinegar,
Yolks of 2 eggs,	1 tablespoon butter.

Mix together the dry ingredients. Add to the egg yolks and beat until well mixed. Add the milk gradually, then the vinegar, **very slowly**, to prevent curdling. Cook in a double boiler until thick. Add the butter and cool. This will keep for several weeks.

This is an economical recipe and may be used for salad without the addition of cream.

### FRENCH DRESSING.

3 tablespoons olive oil,	Small pinch mustard,
1 tablespoon vinegar,	Sugar to taste,
$\frac{1}{4}$ teaspoon salt,	Few drops onion juice .
Few grains red pepper,	

Mix dry ingredients and stir smooth with a little oil. To this paste add oil and vinegar.

### MAYONNAISE DRESSING.

$\frac{1}{4}$ teaspoon salt,	1 teaspoon vinegar,
2 eggs (yolks),	1 teaspoon lemon juice,
$\frac{1}{2}$ pint olive oil,	$\frac{1}{2}$ pint whipped cream.

Put yolks of eggs in bowl, add salt and beat very thoroughly. Add olive oil, a few drops at a time, beating constantly until all oil has been added. Add vinegar and lemon juice in same manner, and finally the whipped cream.

*Creamed peas served on toast, butter and coffee for luncheon. Try it.*

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Thorough beating is necessary in this recipe.

By omitting cream from mixture until ready for use, this dressing will keep for several weeks.

Canned peas of small size are a splendid addition to any meat, vegetable or fish salad. They improve the food value and add to the flavor and appearance.

Liquor drained from peas has food value and may be used nicely in soups and gravies. It should not be poured into the drain.

### **ADIRONDACK SALAD.**

- 1 can "Extra Sifted" peas,
- 2 tablespoons grated cheese (strong preferred),
- 2 tablespoons chopped onion,
- $\frac{1}{2}$  dozen sweet sour pickles.

Mix with mayonnaise dressing. Salad should always be tossed together, not stirred.

### **APPLE SALAD.**

- 8 apples,
  - $\frac{1}{2}$  can small peas,
- Salad dressing to moisten.

Fix the apples in the usual way for salad, add  $\frac{1}{2}$  can of peas carefully drained. Toss together with salad dressing and serve in nests of crisp lettuce.

If lettuce is not in the best condition, it may be shredded with scissor and made into a nest as a garnish.

*You will save money by buying canned peas by the case.*

**BEET AND PEA SALAD.**

Beets are a very good vegetable to combine with peas for a salad. Boil the beets until tender. Cut into small dice. Drain liquor from a can of "Sifted" peas. Add to the beets using about twice as many beets as peas. Moisten well with any salad dressing, well seasoned with salt.

**CHICKEN SALAD NO. 1.**

Dice cold boiled fowl or scraps of roasted chicken and moisten with a dressing made by mixing  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 2 tablespoons vinegar and 4 tablespoons olive oil, stirred until well mixed. Add equal quantities of finely chopped celery and canned peas well drained. Mix carefully and add oil, cream or mayonnaise dressing to suit taste. Make into mound on a salad dish. If desired, garnish with yolks of hard-boiled eggs pressed through a potato ricer.

**CHICKEN SALAD. NO. 2.**

Dice cold boiled fowl or scraps of roasted chicken. To 1 pint of meat add 1 cup of chopped celery and a little cream dressing to soften. Add  $\frac{1}{2}$  can of small, cold canned peas. Make into mound on salad dish, cover with dressing and garnish. Thin slices cut from pickles and

*Peas as a nutritive food compare favorably with meat.*

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celery tips may be used, or yolks of eggs as in previous recipes.

### COMBINATION SALAD.

3 carrots diced (cooked),      1 can "Sifted" peas.  
2 beets diced (cooked),

Drain peas carefully. Add to the diced vegetables. Moisten with boiled dressing, French dressing or mayonnaise. Serve on a bed of lettuce. This is a healthful, economical and appetizing salad.

### PEA AND CUCUMBER SALAD.

Drain 1 can of "Extra Sifted" peas. Dice three medium-sized cucumbers and chill in cold water. Drain well. Combine the peas and cucumbers. Toss together with boiled salad dressing and serve on crisp lettuce.

Lettuce can be easily prepared for salad the day before it is to be used. Wash it carefully. Lay it on a clean towel. Rool lightly and place in the ice box until it is to be used.

### FRENCH SALAD.

1 can "Petit Pois" Peas,  
2 tablespoons chopped onion,  
4 tablespoons cream cheese,  
4 tablespoons sweet pickle.

Cut cheese and pickles into smal pieces. Mix with salad dressing and serve.

*Salads are very healthful and nutritious and should be used daily.*



**NORWEGIAN SALAD.**

Small carrots (cooked until tender).  
Spaghetti (broken in small pieces and cooked until tender). 1 can peas (well drained).

After all ingredients are cold, toss together with mayonnaise or boiled salad dressing.

Serve on a bed of crisp lettuce.

**PEA SALAD.**

Drain juice from a can of peas. Cut celery and apples fine with some walnuts. Mix with the peas and pour over them a boiled salad dressing. Mayonnaise or French dressing may be used if preferred.

**GREEN PEA SALAD IN EGG CASES.**

Cut three or four hard-boiled eggs lengthwise and remove the yolks neatly. Crumble them into rather large pieces, season with salt, paprika, and toss them lightly about in melted butter. Mix with one cup of well seasoned cold peas. Sprinkle a little salt and white pepper on the whites, put a spoonful of the peas in each and cover with mayonnaise. Serve on crisp lettuce leaves.

**SPANISH SALAD.**

- 1 cup chicken cut into small pieces,
- 1 cup cucumber cut into cubes,
- 1 cup chopped walnut meats,

*These salads are popular picnic dishes.  
Try an Adirondack Salad next time.*

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$\frac{1}{2}$  can "Extra Sifted" peas,  
Mix with salad dressing.

### **SWISS SALAD.**

1 cup cold chicken, 1 cup diced cucumber, 1 cup small peas ("Tiny"), 1 cup chopped walnut meats. Mix in order given and moisten with French dressing, mold in salad dish and garnish with mayonnaise dressing.

### **TOMATO SALAD WITH PEAS.**

6 firm, ripe tomatoes, 1 cup "Extra Sifted" peas,  
1 cup chopped celery,  $\frac{1}{2}$  teaspoon salt,  
 $\frac{1}{4}$  cup chopped nut meats Salad dressing.  
1 cup chopped apples,

Remove pulp from tomatoes, first taking slice from stem end. Strain pulp and mix with next fine ingredients. Add salad dressing. Mix by tossing with a fork. When ready to serve put into tomato shells. Place a little dressing on top.

### **SALMON SALAD.**

Flake one can salmon, removing skin and bones. Drain 1 can peas and mix with salmon. Make a dressing of 1 cup vinegar, 1 egg, 1 tablespoon each of flour and butter, and mix well. Season with salt and pepper and cook 15 minutes in double boiler. Pour dressing over mixed salmon and peas. Serve cold.

*Consumers of canned goods are protected  
by pure food laws.*

**PEA AND SALMON SALAD.**

- 1 can of "Sifted" or "Extra Sifted" peas,
- 1 can salmon,
- Boiled salad dressing or mayonnaise to moisten.

Drain peas from liquor. Remove all bones and skin from the salmon. Then mince and add to the peas. Toss together with enough salad dressing to moisten well. Serve very cold.

This is a nourishing and appetizing salad and may be used nicely as a meat substitute.

**PEA AND CHEESE SALAD.**

- 1½ cups American cheese chopped fine,
- 1 can "Extra Sifted" peas,
- Salad dressing to moisten.

Drain peas and add to cheese, and toss together with boiled or mayonnaise salad dressing. Chill and serve. A little chopped celery or a few chopped pickles may be added if liked.

**TOMATO SALAD. (Excellent.)**

- 1 can tomatoes,                      ½ teaspoon cloves,
- 1 box gelatine,                      Salt and pepper to taste.
- 1 can "Sifted" peas,

Cook the tomatoes and seasoning about five minutes. Strain and add the gelatine which has been hydrated. Add the peas,

*A can of peas contains clean peas, clean water and the purest granulated sugar and table salt. That is all.*

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drained from liquor. Mold in small cups. Serve with mayonnaise on lettuce leaves.

### MEAT DISHES

#### CHICKEN EN CASSEROLE.

2½ pounds cold chicken,	½ teaspoon pepper,
1 can peas,	1 tablespoon flour,
1 carrot,	2 cups boiling water
1 onion,	½ cup butter.
1 teaspoon salt,	

Cut chicken into small pieces with scissors. Melt butter in frying pan. Add all vegetables chopped fine. Cook five minutes, then add the flour. Add all seasoning to the hot water, pour it into the frying pan. Cook five minutes. Put the chicken in the casserole, dredge with flour, dust with salt and pepper, and pour the contents of the frying pan over it. Place in the oven and cook until the chicken is thoroughly browned. Remove from oven. Cover the dish and serve in the casserole. If preferred, milk may be used in place of water.

#### LAMB CROQUETTES.

1 cup cold boiled lamb cut in small bits,	
1 cup stock,	¼ cup flour,
2 tablespoons butter,	
1 tablespoon chopped onion.	
1 cup small peas,	

*A case of canned peas in the pantry is a convenience at all times.*

## CANNED PEAS AND THEIR USES 21

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$\frac{3}{8}$  cup diced, boiled potatoes,  
Salt, pepper and  
1 teaspoon chopped parsley.

Place butter and onion in pan and fry for five minutes, then remove onion. Add to butter the flour and stock and cook two minutes. Add potatoes, meat, peas, salt and pepper. Let simmer until meat and potatoes have absorbed moisture. Then add parsley and spread on platter to cool. Mold, roll in crumbs, dip in egg, and roll again in crumbs. Fry in deep fat and drain on paper. Serve with tomato sauce.

### CHICKEN CROQUETTES.

1  $\frac{3}{4}$  cups cold chicken    10 drops onion juice,  
 $\frac{1}{2}$  teaspoon salt,        1 teaspoon chopped parsley,  
 $\frac{1}{4}$  spoon celery salt,    1 cup white sauce (thick).  
Few grains cayenne,    1 cup small peas.  
1 teaspoon lemon juice,

Mix in order above given and prepare and fry same as Lamb Croquettes. Add more moisture if only white meat is used.

### CHICKEN AND MUSHROOM CROQUETTES.

Prepare same as Chicken Croquettes, substituting one and one-third cups of chicken and two-thirds cup of chopped mushrooms in place of 1  $\frac{3}{4}$  cup chicken.

### VEAL CROQUETTES.

2 cups chopped cold cooked veal,  
1 cup small peas,        Few grains pepper,

*There is more food in a can of peas than there is in a pound of beef.*



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$\frac{1}{2}$  teaspoon salt,                      Few grains cayenne,  
10 drops onion juice,              Yolk of 1 egg,  
1 cup thick white sauce.

Mix in order given, cool, mold, crumb and fry in deep fat same as Lamb Croquettes.

### LAMB CUTLETS WITH PEAS.

Make a border of mashed potatoes on a platter and arrange lamb cutlets around it. In center put canned peas that have been seasoned with salt, pepper and butter.

### PEAS STEWED WITH LAMB.

1 pound lamb (water to cover),  
 $\frac{3}{4}$  cup "Sifted" peas,               $\frac{1}{2}$  cup cream,  
Salt, pepper and butter to season.

Chop the lamb. Cook slowly in water until well done, then add peas, salt, pepper and butter. Thicken with a mixture of flour and water, if desired.

### LAMB STEW WITH PEAS.

Cut the meat in small pieces, put in a stew pan with salt pork sliced thin, and enough water to cover. Cover and let stew until the meat is tender. Then add 1 can of "Selected" peas and more hot water if necessary. Then thicken with flour and water. Leave over fire until flour is cooked, then serve.

*Please note Chafing Dish recipes—See index.*

**JELLIED VEAL.**

2 ½ pounds veal,                      1 cup chopped celery,  
1 can "Extra Sifted" peas, Seasoning.

Stew the veal until very tender, in enough water to barely cover. Remove from fire—let cool, and cut veal into fine pieces. Add the celery and the peas—return meat and other ingredients to the broth. Season, mix well and pour into a mold to cool and harden.

The celery may be omitted if desired. chopped pickels may be added.

Enough gelatine is extracted from the connective tissue and bone in the cooking process so that it is not necessary to add commercial gelatine.

**FISH  
SHRIMP WIGGLE.**

Melt two tablespoons butter and add three tablespoons flour. Mix well and pour on gradually 1 cup of milk or cream. Add 1 cup of diced veal, chicken or shrimp and 1 cup of "Sifted" peas, ½ teaspoon salt and a little pepper. This is a good recipe for chafing dish.

**SPANISH STEW.**

3 ½ pounds chicken,                      1 can mushrooms,  
5 ripe tomatoes,                      3 large potatoes,  
4 red peppers,                      1 teaspoon salt,  
1 can small peas,                      1 quart boiling water,  
Boiled rice or mashed potatoes.

*Every housewife should read "A word to the Housewife"—Page 3.*

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Clean and joint the chicken. Slice the tomatoes. Shred the peppers, removing the seeds. Slice the onions. Place chicken in a kettle with the tomatoes, pepper and onions. Add the boiling water. Cover kettle. Simmer until the chicken is tender. Strain what remains in the colander and rub the vegetable part through a sieve. Return vegetables to the kettle. Add 1 can of small peas, a can of mushrooms and the potatoes, grated, add the salt and cook until the potatoes are tender. Then replace the chicken in the kettle and heat thoroughly. Serve with a border of boiled rice or mashed potatoes.

### **CREAMED SALMON AND PEAS.**

2 tablespoons butter,	1 can salmon,
1 tablespoon flour,	$\frac{1}{2}$ can peas,
1 cup milk,	Seasoning.

Blend the butter and flour. Add the milk. Stir constantly and when smooth sprinkle in salt and a dust of black pepper.

Flake the salmon, removing the bones carefully. Drain the peas and add these two ingredients to the white sauce. Heat the mixture thoroughly and serve on toasted crackers or with new potatoes.

### **SALMON CROQUETTES.**

1  $\frac{1}{2}$  cup canned salmon, 1 cup "Extra Sifted" peas

*A 10c can of peas contains more food than a 25c pound of beef.*

## CANNED PEAS AND THEIR USES 25

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1 cup thick white sauce,      Cayenne pepper,  
1 teaspoon lemon juice,      Salt.

Mix white sauce, salmon, peas and add seasoning. Spread on plate and allow to cool. Shape, dip in egg and roll in crumbs, then fry in deep fat and drain.

Recipe for white sauce given on another page.

### LOBSTER CROQUETTES.

Few grains of cayenne,      1 teaspoon lemon juice,  
 $\frac{1}{4}$  teaspoon mustard,      2 cups chopped lobster,  
 $\frac{1}{2}$  teaspoon salt,      1 cup thick white sauce,  
1 cup "Extra Sifted" peas.

Mix seasoning to lobster and peas and then pour thick white sauce in same. Cool, mold, roll in crumbs, dip in egg, and again roll in crumbs. Fry in deep fat and drain on paper.

If desired, they may be served with Tomato Cream Sauce.

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## Miscellaneous Preparations

### PEAS IN ASPIC JELLY.

5 cups cleared consommé, 1 can "Sifted" peas,  
2 oz. gelatine,      2 cups chopped celery,  
1 cup cold water,      2 green peppers.

Let the gelatine stand in water until thoroughly softened. Heat the consommé and pour over the gelatine. When the mixture

*Observe label on can—it is a guide to quality.*

## 26 CANNED PEAS AND THEIR USES

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cools enough to become thickened a very little, add 1 can of "Sifted" peas, 2 cups celery chopped fine and two medium-sized green peppers, also chopped fine. Then pour into molds and let harden. Serve with boiled salad dressing or mayonnaise.

This mixture may also be poured into a flat pan to cool, then used as a garnish for cold meats, cutting into squares when hardened, or cut into various shapes with fancy cutters.

### PEAS WITH TOMATO JELLY.

2½ cups cooked tomatoes,  
1 slice onion, ½ teaspoon salt,  
1 stalk celery, ½ cup cold water,  
1 tablespoon of tarragon vinegar.  
½ box (1 oz.) gelatine.

Cook the first five ingredients for fifteen minutes. Add the vinegar and the gelatine, softened in cold water, and stir until the gelatine is dissolved. Then strain and add 1 can of "Sifted" peas and 1 cup of mild American cheese, finely chopped. Mold and when hardened use as a garnish for salads, fish or meat.

### POTATO STUFFING FOR FOWL.

2 cups hot mashed potatoes,  
1 cup crumbs,  
¼ cup salt pork (chopped),  
1 teaspoon onion juice, ½ teaspoon sage,  
¼ cup butter (melted), 1 cup peas,  
1 teaspoon salt, 1 egg.

Mix in order given.

*Canned peas are garden peas.*



**STUFFING FOR FOWLS.**

1 cup cracker or stale bread crumbs,  
¼ cup melted butter,                      ⅔ cups scalded milk,  
Powdered sage to season,              ½ cup "Sifted" peas.  
Salt and pepper,  
Mix in order given.

**SCRAMBLED EGGS.**

4 eggs,                                      Salt and pepper,  
½ tablespoon butter              1 cup peas.  
2 tablespoons milk,  
Melt butter in milk in pan, add eggs and stir until mixture thickens, then add peas, hot and well drained; season and serve at once.

**PEA BALLS.**

Pour liquor from a can of large peas and boil in salted water to cover until tender. Drain and rub through a colander. Rub a tablespoon of butter into two tablespoons of flour and work into pea pulp. Add and stir into mixture half a cup of cream, a teaspoon of sugar, two beaten eggs, salt and pepper.

Pour this mixture into double boiler, place on stove and stir until boiling. Then cool and roll into small balls between floured hands. Beat 2 eggs and dip balls into them, roll in cracker crumbs and set them away in a low temperature for an hour. Just before dinner fry in deep hot fat and serve with white sauce.

*Liquor poured from peas has food value and can be utilized for soups and gravies.*

### PEA FRITTERS.

Pour the liquor from a can of large-sized peas and place them in a sauce pan or double boiler, season with salt, pepper, a teaspoon of sugar and allow to boil until peas are very soft.

Pour water off peas, rub through colander and mash smooth. Add melted butter until a smooth paste is obtained. Add in order four well beaten eggs, a teaspoon of butter, a cup of milk and a cupful of flour made into a stiff batter. Stir well and fry in small spoonfuls on buttered griddle. Brown fritters on both sides.

### PICNIC SANDWICH.

Rub 1 cup of canned peas through a colander, mash and mix thoroughly with the mashed yolks of two hard-boiled eggs. Add melted butter, salt and pepper. Spread on bread in the usual way.

### PEA SOUFFLE.

Boil a can of large-sized peas until very soft and mash through a colander. To pulp add two tablespoons of melted butter and one pint of milk into which the yolks of three eggs have been beaten. Mix thoroughly, season with salt and pepper. Beat the whites of eggs until stiff and fold into mixture. Pour into buttered dish, cover, and bake for twenty min-

*Green or canned pea soup is excellent.*

utes. To brown remove cover and return to oven for a few minutes.

### **PEA TIMBALES.**

Drain one can of large peas and mash through a sieve. For each cup of pea pulp add two beaten eggs, two tablespoons melted butter,  $\frac{2}{3}$  teaspoon salt, a few grains of pepper and cayenne, and a few drops of onion juice. Pour into buttered molds, set in pan of hot water, cover with buttered paper and bake until firm. Drain one-third cup of peas, mix with white sauce and serve with timbales.

### **PEA PANCAKES.**

Mash one can of large peas through a sieve. Season with salt, pepper and butter, add one egg beaten with a cupful of milk. With this mix thoroughly a large cupful of flour sifted with a half teaspoon of baking powder. Fry on a greased griddle. If peas are inclined to be hard, cook until tender. In that case cool pulp before adding egg and milk.

### **GRAVY.**

Pour off liquid from meat to use for gravy. Dilute to taste. Make a thickening of flour and water, using 4 tablespoons of flour for two cups liquid or stock. Add this mixture to stock. Cook until thick. Add a few "Extra Sifted" peas. Let stand over flame until

*Canned peas are "fresh from the garden" every day.*

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peas are thoroughly heated. Season with salt and pepper and serve.

### **VEGETABLE SAUCE.**

This may be made from either celery, asparagus, cauliflower, green peas or mushrooms. One-half cup of any one of these vegetables may be added to one cup of white sauce (No. 2). Serve with chicken, meat or fish croquettes.

### **TOMATO CREAM SAUCE.**

Sprig of thyme,	Few grains red pepper,
1 stalk celery,	$\frac{1}{2}$ can tomatoes,
1 slice onion,	1 cup medium white sauce,
Bit of Bay Leaf,	$\frac{1}{4}$ teaspoon soda.
$\frac{1}{2}$ teaspoon salt,	

Add seasoning to tomatoes and cook 20 minutes; rub through sieve, add soda, then white sauce.

### **THIN WHITE SAUCE.**

2 tablespoons butter,	Few grains pepper,
$1\frac{1}{2}$ tablespoons flour,	Salt.
1 cup scalded milk,	

Melt butter in saucepan and stir until hot. Add flour mixed with salt and pepper and stir until thoroughly mixed. Pour the milk on slowly, adding about one tablespoon at a time, stirring constantly until well mixed and then beat until very smooth.

### **CREAM SAUCE.**

Same as above, using cream instead of milk.

*The only preservative used in packing canned peas is HEAT.*

**MEDIUM THICK WHITE SAUCE.**

2 tablespoons butter       $\frac{1}{4}$  teaspoon salt,  
2 tablespoons flour,      Pepper to suit.  
1 cup scalded milk,

Make same as thin sauce. If a slightly thicker sauce is desired, use three tablespoons of flour instead of two.

**THICK WHITE SAUCE.**

$\frac{1}{4}$  cup cornstarch or  $\frac{1}{3}$  cup flour,  
2  $\frac{1}{2}$  tablespoons butter,       $\frac{1}{4}$  teaspoon salt,  
1 cup milk,      Pepper.

Make same as Thin White Sauce.

**CREAMED EGGS.**

(Appropriate for Easter.)

$\frac{1}{2}$ dozen hard boiled eggs,	1 cup "Sifted" peas,	
1 pint rich milk,		
2 tablespoons flour		
Salt and pepper,		
$\frac{1}{2}$ tablespoon butter,		

White Sauce.

Parsley,      Grated yolk of hard boiled egg.

Shell eggs and cut off a little of the end so that the egg will stand up alone. Make the white sauce. Add the peas to the white sauce. Pour mixture over the eggs. Garnish with parsley and the grated yolk of one egg. The extra pieces of egg white may be finely chopped and added to the white sauce.

**CROUTONS.**

Butter slices of stale bread lightly, cut into strips or squares. Place in pan and brown evenly in oven.

*Canned peas—an inexpensive food.*



### HOW TO OPEN A CAN.

When a housewife has trouble with canned foods, it is always chargeable to an imperfect tin can or difficulty in opening it.

Occasionally in making a tin can, the seam is not closed perfectly tight, or it is injured by rough handling or shipping, and air gradually leaks into the can through some very small opening that cannot be easily discovered. This causes the tin to slightly bulge out at the end and the contents to deteriorate.

Before opening a can of Canned Foods of any kind, whether they be prepared at home or not, always examine the top and bottom. If the can is convex or bulged out, it is best to return it to the dealer (imperfect cans seldom get into dealers' hands). Probably it is overfilled but it might be an imperfect can and it is best not to accept it.

If the can is sound and the ends flat, or slightly drawn in, you can be sure that the contents are in perfect condition.

IN OPENING, remove enough of the label so that you can see the seam on the side of the can; lay the can on its side and insert the can-opener right next to the seam and close to the top. Now hold the can firmly on the table in an upright position and work the can-opener away from the seam until you have cut entirely around the can. You will then be able to turn back the entire top and the fruit or vegetable will not be mutilated when poured from the tin.

If the can is held firmly, there is no danger of cutting the hands.

All canned foods should be removed from the tin containers immediately when opened.



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*of Chippewa Falls, Wisconsin*

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“TINY PEAS” are the smallest packed.

“EXTRA SIFTED” are the next larger in size.

“SIFTED” Peas are the medium size.

“EARLY JUNE” Peas are the next size larger than SIFTED.

“MARROWFAT” Peas are the largest and cheapest.

The word “SWEET” preceding the descriptive names indicates the peas are of the Sweet or Wrinkled variety. The size of the peas are the same except the Sweet Marrowfat peas are larger than the plain Marrowfat pea. The “SWEET” peas are generally considered superior to the plain variety and a little higher in price.

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Keep this information before you and it will enable you to obtain just what you need. Give your grocer a trial order and see how good they are.